

LIQUID MIND VIII  
S L E E P



NIGHT LIGHT 11:13

MOMENT OF GRACE 10:57

JOURNEY TO PEACE 11:19

BREATHE IN ME 7:25

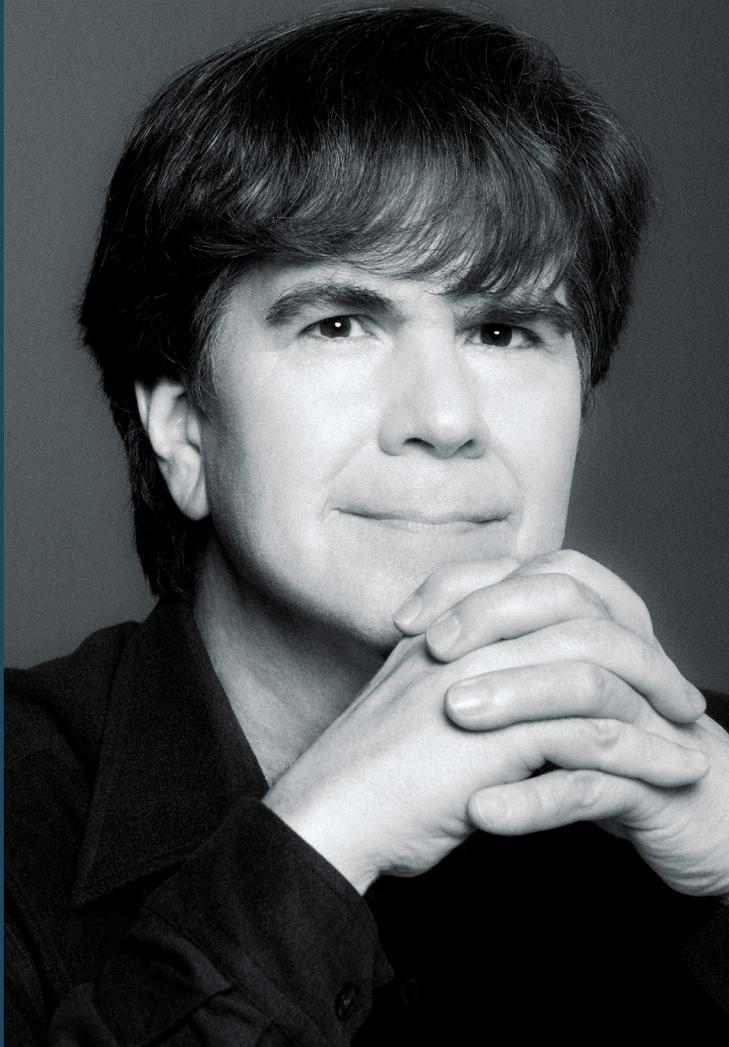
ADAGIO FOR SLEEP 7:36

TOUCHING CALM 7:44

TOTAL TIME 56:18

“Mr. Wild successfully creates a soothing and calming atmosphere which could be an excellent addition to one’s nightly sleep regimen.”

William C. Dement, M.D., Ph.D  
Director, Sleep Disorders and Research Center  
Stanford University School of Medicine



The titles of the first seven Liquid Mind albums have honored values important to me on my life's journey. This eighth album honors the need in all of us for a healthy and regenerating rest each night. I hope you'll enjoy my music, and use it in good health.

Chuck Wild  
March, 2006

## Chuck Wild

Composer Chuck Wild is a passionate advocate of using ultra-slow music in healing settings. In November 2005, Chuck presented at the American Music Therapy Conference regarding the use of slow music in treating anxiety. His experience as a songwriter, composer, sound designer and synthesist spans three decades, including writing over 125 songs and compositions for dozens of television shows, several films, and many albums for other artists. Liquid Mind VII: Reflection won the Coalition of Visionary Resources Award for Best Meditation/Healing Music album of 2005.

## William C. Dement, M.D., Ph.D

William C. Dement, M.D., Ph.D., is the Lowell W. and Josephine Q. Berry Professor in the Department of Psychiatry and Behavioral Sciences at Stanford University. He is the leading authority on sleep, sleep deprivation, and the diagnosis and treatment of sleep disorders. He received his M.D. and Ph.D. from the University of Chicago where he participated in the first observations of Rapid Eye Movements during sleep. He was the first to recognize REM sleep as a distinct biological state with unique properties including vivid dreaming.

In 1970, he founded the world's first sleep disorders center and in 1975 founded the American Academy of Sleep Medicine. Dr. Dement is co-editor of the definitive textbook of sleep medicine and has authored the first undergraduate textbook on sleep for the popular course he has taught at Stanford University since 1971. He has made many scientific contributions, among the most important of which are the elucidation of sleep debt and the long-term consequences of sleep deprivation in all components of society. He has also written an authoritative and entertaining book for the general public entitled *The Promise of Sleep*.

# COMPOSED AND PERFORMED BY CHUCK WILD PRODUCED AND MIXED BY CHUCK WILD

PHOTOGRAPHY & ART DIRECTION: GLEN WEXLER  
MASTERING: BERNIE GRUNDMAN

BACKGROUND VOCALS:  
"BREATHE IN ME" AND "JOURNEY TO PEACE": A. J. TESHIN, MICHAEL WHITFIELD, CHUCK WILD

COVER MODEL: CAYLEEN DAVIES  
STYLIST: LORI "TIN" WORNOM  
MAKE-UP & HAIR: MITZI SPALLAS

MY LOVE, GRATITUDE, AND THANKS TO: DAD (HAPPY 96TH BIRTHDAY!) AND MY EXTENDED FAMILY, BOO & LINDA AND FAMILY, GINI, LINDA, AND DAD'S WONDERFUL CAREGIVERS (RUTH, THECIL, PEGGY AND LORI), PAUL F., MIKE, MICHÈLE AND HARRY, JEFF AND HUGH, BRUCE AND BEA, WILL, KRISTIN, SUZANNE, A. J., GARY F., LOIS, TERENCE AND KAREN FOR SHARING MY VISION OF BRINGING LIQUID MIND TO ALL THOSE WHO CAN BENEFIT FROM IT, PAUL STAVRAND AND THE REAL MUSIC TEAM (SYLVIA, FRAN, JAMIE, JON, NICK, AND RICHARD), ANDY FOR WONDERFUL SITE DESIGN, AND GLEN WEXLER FOR LENDING YOUR VISIONARY ART TO MY ALBUMS.

WELCOME TO NEW ARRIVALS MICHAEL ANTHONY AGUILAR, HAILEY MICHELLE AGUILAR, LILLIE KATHLEEN VEHLING AND ETHAN CHARLES SKOPP. FAREWELL TO JEFFREY RUNYON, DON BRANDON RAY, JOHNNY PIERCE, RICK RHODES, AND BOB MOOG, FIVE GENEROUS SOULS WHOSE CONTRIBUTIONS TO THE MUSIC INDUSTRY WILL LIVE ON LONG AFTER THEY ARE GONE.

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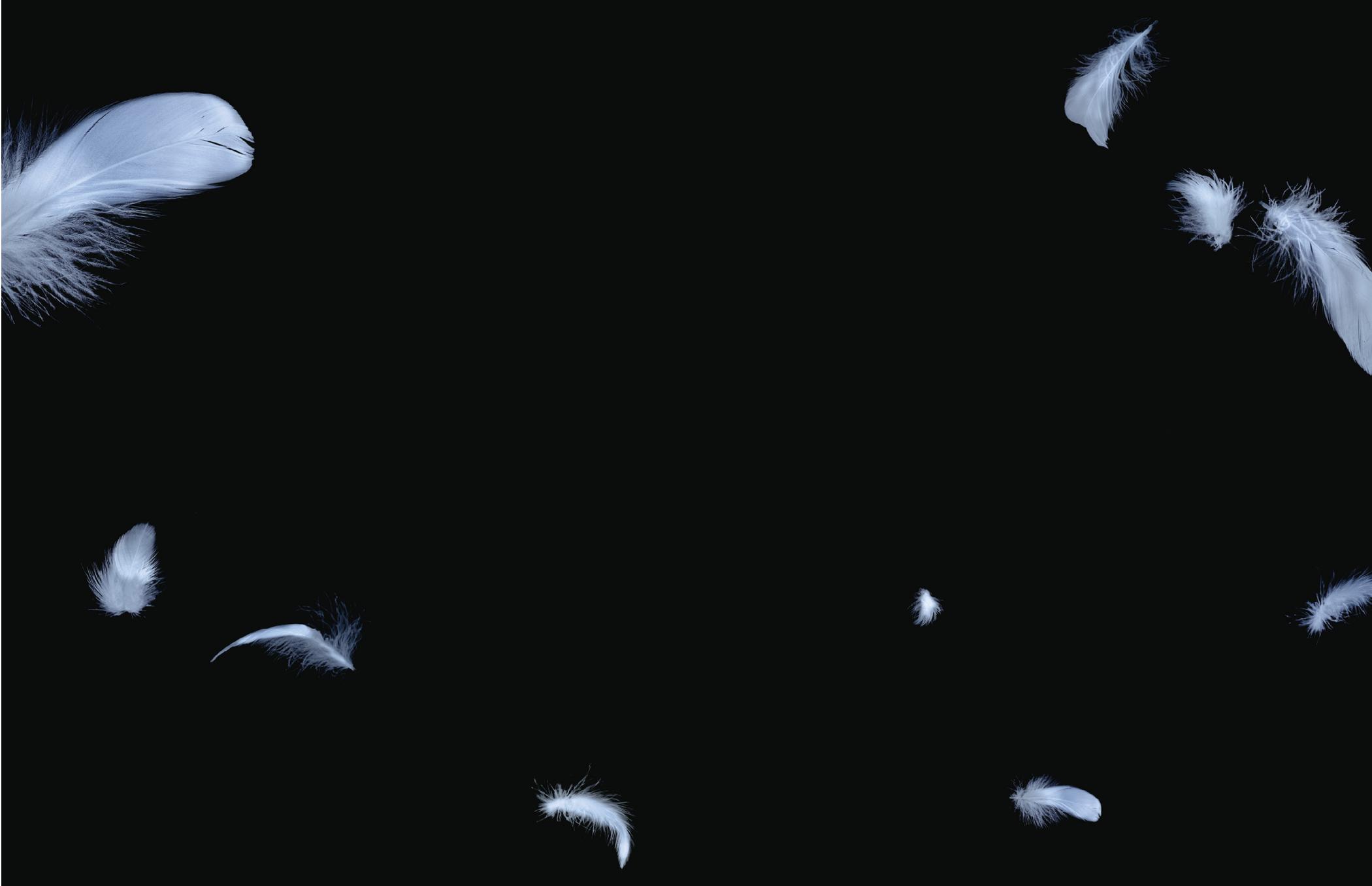
[LiquidMindMusic.com](http://LiquidMindMusic.com)

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Disclaimer: While research has indicated some music may have certain health effects like relaxation, Chuck Wild Records make no health claims whatsoever for the Liquid Mind® music.

Based upon unsolicited feedback from thousands of listeners during the past three decades, the eighteen Liquid Mind® albums appear to be deeply relaxing to some folks (including their kids and pets).

**Warning: May cause drowsiness, use care when operating vehicles or dangerous machinery.**



Myndstream

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